taking Vidari-powders with honey, a man is enable to visit ten women, each night. A medicinal Ghritam cooked with the addition of ten times as much milk, or a Shatavari-paste taken with sugar, honey and Pippali, acts as a good stpn*achic and digestant Massage, lubrication of the body with oil or Ghritarn, and applications of errhines, femeties and purgatives constitute what is technically known as the Pancha Karma. There are six seasons of the year, and each season lasts for a period of two months, in which warming one's self in fire or basking in the sun, and use of honey, milk or its modifications should be respectively used. Sexual congress is beneficial in winter (December, January); day sleep is injurious in spring (April and May). Exposure to moon-beams in Sharat (october and November) and excessive sleep during the rains should be avoided ShAli rice, Mudga pulsfc, rain water and boiled water are always wholesome,. Oil expressed out of Nimva, Atasi, Kusumbha, or Shi^ru seeds, as well as mustard oil, Mula oil, and Jyolisunuir oil prove efficacious in cases of intestinal worms, cutaneous affections, urinary and kidney complants and the type of Cephalagia due to the action of the deranged Vayu and Kapham. Dadima, A'malaki, Kola, Karmarda, Piyalalcam, Jamvira, Nagaram, A'mratakam, and Kapittham generate the Pittam, destroy the Vayu, and produce diseases, which are caused through the agency of the deranged Kapham. Kala Jimuta,

Ikshaku, Kutaja, Kritabadhanam, and Dh£margava combinedly form one of the most potent of emetic compounds, and should be always used for the purpose of inducing vomiting. A compound consisting of Vacha, Indrayava and Madana may be used for emetic purposes in the morning. Ea^y (loose) motions of the bowels should be attributed to the action of the (deranged) Pittam, normal motions of the bowels indicate a state of normal equilibrium among the fundamental principles of the organism, while -constipation of tbe bowels is brought about through tbp